

Sue Washington

This visualisation gives the unconscious mind a way of getting rid of things that are no longer valid or relevant in one's life. It is useful to use at the end of every day before going to sleep to get rid of irritations from the day. It is also useful to use it at this point to get rid of older, bigger issues.

THE MAGIC GARDEN - Sue Washington

I want you to picture a garden in your mind's eye. I want you to make it an English Country Garden - with a high wall round the edge, trees and creepers growing over wall, tall flowers in front of it, smaller flowers in front of that and smaller still in front that, right down to tiny flowers at your feet, all packed so closely together that you can hardly see any soil. The sun shining, the sky as blue as blue can be, and all around peace and calm and tranquillity. Feel the warmth of the sun on your head and on your back and smell the sweet scent of flowers all about.

There are insects too. Little buzzing things, big fat bees, pretty butterflies, and if you very lucky, maybe even a dragonfly flying about, or a squirrel scampering. There are birds twittering about the place, with their coloured plume and sweet songs: lawns, little paths, flowering shrubs, and somewhere water tinkling about the place.

I want you to go down to the bottom of the garden where the tall trees are. Tied to a with a big stout rope is a big balloon filled with lighter than air gas and swinging from bottom of it, a large empty box, hovering four or six inches above the ground. It's a special box. It can contain things that you want rid of. I want you to look around inside yourself and see if there's anything inside that you'd be better off without. You don't have to tell me what it is, not at all, but if there's anything in there you would be better without, just NOD to let me know (wait for a nod). Fine. Take it, and push it out into box and nod to tell me when you've done it (wait for a nod). (Repeat until there is nothing left. Wait for person's acknowledgement that they have finished). Fine. I want you next to untie the big stout rope that holds down the balloon. The balloon will lift that box up, lighter and lighter, higher and higher. Higher and higher until it gets to the top of the tallest tree. Do you see that?

Lighter and lighter, higher and higher, until it is as small as the nail on your little finger ... do you see that? Lighter and lighter, higher and higher until it disappears in a dot an the sky is clear. Eventually the balloon will burn up in the atmosphere and the contents of your box will be left in (Arizona). (Arizona) has been here for millions of years and your few things will not hurt it, but leaving them (in Arizona) will make you feel better

Go back into the garden proper, and find yourself somewhere pleasant and peaceful be just sit, or lie ...fill up the space inside yourself, with the good things that are around you, from where whatever it is, has left Because in a moment I'm going to count from one to three and say "Open your eyes" and you're opening your eyes keeping that good feeling with you, so ready, 1, 2, 3 Open your eyes.